



## AMENDMENTS TO THE 2020 EDITION OF COMPETITION AND TECHNICAL RULES

Approved by Council on 17 March 2021

(The final, edited version of these amendments will be included in the 2022 edition of the Competition and Technical Rules, with the new Rules to be in force as from 1st November 2021.)

<b>Legend:</b>	xxx	(black print)	=	rule text
	<del>xxx</del>	(blue strikethrough)	=	deleted from rule text
	<b>xxx</b>	(red bold)	=	added to rule text
	xxx	(green print)	=	interpretation notes
	<del>xxx</del>	(green strikethrough)	=	deleted from interpretation notes
	<b>xxx</b>	(green bold print)	=	added to interpretation notes

Rule	Page	Current	Amended
<b>CR18</b>		<b>Referees</b>	
CR18.3	50	18.3 The relevant Track Referee has jurisdiction to decide on any facts related to the starts if they do not agree with the decisions made by the start team except in the cases when it regards an apparent false start indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.	18.3 The <b>Start Referee (or if one is not appointed, the relevant Track Referee)</b> has jurisdiction to decide on any facts related to the starts if they do not agree with the decisions made by the start team except in the cases when it regards an apparent false start indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.
CR18.5	51	18.5 The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 6, 16.5, 17.14, 17.15.4, 25.5, 25.19, 54.7.4, 54.10.8 or 55.8.8 of the Technical Rules. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees. ...	18.5 The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 6, 16.5, 17.14, 17.15.4, 25.5, 25.19, <del>54.7.4</del> , <b>54.7.6</b> , 54.10.8 or 55.8.8 of the Technical Rules. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees. ...
<b>CR19</b>		<b>Judges</b>	
CR19.1	55	19.1 The Chief Judge for Track Events and the Chief Judge for each Field Event shall co-ordinate the work of the Judges in their respective events. When the Organisers have not already allocated the duties of the Judges, they shall allocate the duties.	19.1 The Chief Judge for Track Events and the Chief Judge for each Field Event shall co-ordinate the work of the Judges in their respective events. <del>When the Organisers</del> <b>If the duties of the Judges</b> have not <del>already been</del> allocated <b>in advance</b> <del>the duties of the Judges</del> , they shall allocate the duties.
<b>CR25</b>		<b>Competition Secretary, Technical Information Centre (TIC)</b>	
CR25.4	62	25.4 The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable: Did not start DNS	<b>An athlete shall be regarded as DNS if:</b> <b>(a) after their name having been included on the start list for any event they do not report to the Call Room for that event;</b> <b>(b) having passed through the Call Room they do not make any attempt in a Field Event or do not attempt to make a start in a running or race walking event; or</b> <b>(c) if Rule 39.10 of the Technical Rules applies.</b>
<b>CR32</b>		<b>Events for which World Records are Recognised</b>	

CR32	<p><b>Events for which World Records are Recognised</b> Fully Automatically Timed performances (F.A.T.) Hand Timed performances (H.T.) Transponder Timed performances (T.T.)</p> <p><b>Men</b> Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 110m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay; Decathlon. F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 20,000m; 30,000m, 50,000m. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km. Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump. Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.</p> <p><b>Women</b> Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 100m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay; Heptathlon; Decathlon. F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 10,000m; 20,000m; 50,000m<sup>o</sup>. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; 50km.</p> <p><i>Note (j): Except Race Walking competitions, World Athletics shall keep two World</i></p>	<p><b>Events for which World Records are Recognised</b> Fully Automatically Timed performances (F.A.T.) Hand Timed performances (H.T.) Transponder Timed performances (T.T.)</p> <p><b>Men</b> Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 110m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay; Decathlon. F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 20,000m; 30,000m<sup>o</sup>, <b>35,000m<sup>o</sup></b>, 50,000m. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; <b>35km<sup>o</sup></b>, 50km. Jumping Events: High Jump; Pole Vault; Long Jump; Triple Jump. Throwing Events: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.</p> <p><b>Women</b> Running, Combined and Race Walking Events: F.A.T. only: 100m; 200m; 400m; 800m; 100m Hurdles; 400m Hurdles; 4 x 100m Relay; 4 x 200m Relay; 4 x 400m Relay; Heptathlon; Decathlon. F.A.T. or H.T.: 1000m; 1500m; 1 Mile; 2000m; 3000m; 5000m; 10,000m; 1 Hour; 3000m Steeplechase; 4 x 800m Relay; Distance Medley Relay; 4 x 1500m Relay; Race Walking (Track): 10,000m; 20,000m; <b>35,000m<sup>o</sup></b>; 50,000m<sup>o*</sup>. F.A.T. or H.T. or T.T.: Road Races: 5km*; 10km; Half Marathon; Marathon; 100km; Road Relay (Marathon distance only); Race Walking (Road): 20km; <b>35km<sup>o</sup></b>; 50km.</p> <p><i>Note (j): Except Race Walking competitions, World Athletics shall keep two World</i></p>
------	--	---

		<p>Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed”) races and a World Record for performance achieved in single gender (“Women only”) races.</p> <p>Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.</p> <p>*Initial record to be recognised after 1 January 2018.</p> <p>°Initial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00.</p>	<p>Records for women in Road Races: a World Record for performance achieved in mixed gender (“Mixed”) races and a World Record for performance achieved in single gender (“Women only”) races.</p> <p>Note (ii): A women only road race can be staged by having separate women’s and men’s start times. The time differential should be chosen to prevent any possibility of assistance, pacing or interference, especially on courses involving more than one lap of the same section of the course.</p> <p><del>*Initial record to be recognised after 1 January 2018.</del></p> <p>°*Initial record to be recognised after 1 January 2019. The performance shall be better than 4:20:00.</p> <p><b>°Initial records to be recognised after 1 January 2023. The performance shall be better than XXX for men and YYY for women. The 30,000m record for men shall be deleted from the list upon ratification of the initial record for 35,000m.</b></p>
<b>TR5</b>	<b>Clothing, Shoes and Athlete Bibs</b>		
TR5.4	92	<p>That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum, this shall be applied.</p>	<p>That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge. If the track manufacturer or the stadium operator mandates a lesser maximum <b>or prohibits the use of certain shaped spikes</b>, this shall be applied <b>and the athletes notified of accordingly.</b></p>
<b>TR6</b>	<b>Assistance to Athletes</b>		
TR6.2 Note	97	<p>6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15, 54.10 and 55.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event.</p> <p><i>Note: In cases under Rule 6.3.1 of the Technical Rules, disqualification may be made without warning.</i></p>	<p>6.2 Any athlete giving or receiving assistance from within the competition area during an event (including under Rules 17.14, 17.15, 54.10 and 55.8 of the Technical Rules) shall be warned by the Referee and advised that, if there is any repetition, they will be disqualified from that event.</p> <p><i>Note: In cases under Rules <b>6.3.1 or 6.3.6</b> of the Technical Rules, disqualification may be made without warning.</i></p>
<b>TR7</b>	<b>Effect of Disqualification</b>		
TR7.2	100	<p>7.2 If an athlete is excluded from competition under Rule 18.5 of the Competition Rules, they shall be disqualified from that event. If the athlete’s second warning occurs in a different event, they shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification shall prevent an athlete</p>	<p>7.2 If an athlete is excluded from competition under Rule 18.5 of the Competition Rules, they shall be disqualified from that event. If the athlete’s second warning occurs in a different event, they shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event, other previous events or previous individual events of a Combined Event shall remain valid. Such disqualification shall prevent an athlete from taking</p>

		from taking part in all further events, (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.	part in all further events <b>or rounds of events</b> , (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.
TR7.3	100	If a relay team is excluded from competition under Rule 18.5 of the Competition Rules, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition.	If a relay team is excluded from competition under Rule 18.5 of the Competition Rules, it shall be disqualified from that event. Performances accomplished in a previous round of that event shall remain valid. Such disqualification shall not prevent any athlete or relay from that team taking part in all further events (including individual events of a Combined Event, other events in which they are simultaneously participating and relays) in that competition. <b>However, if the behaviour of one or more such individual athletes is considered serious enough, Rule 18.5 of the Competition Rules may be applied to them with the applicable consequences.</b>
<b>TR8</b>	<b>Protests and Appeals</b>		
TR8.4.1	101	8.4.1 if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.	8.4.1 if an athlete makes an immediate oral protest against having been charged with a false start, <del>a Track Referee</del> <b>the Start Referee (or if one is not appointed, the relevant Track Referee)</b> may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.
<b>TR14</b>	<b>Track Measurements</b>		
TR14.6	112	14.6 The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%).	14.6 The lateral inclination of tracks towards the inside edge should not exceed 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption, and the overall downward inclination in the running direction shall not exceed 1:1000 (0.1%) <b>between any start and finish line.</b>
<b>TR16</b>	<b>The Start</b>		
TR16.10	121	16.10 The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.	16.10 The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun <b>or activating a suitable audible signal.</b>

TR22		Hurdle Races	
TR22.6.2	146/ 147	In addition, an athlete shall be disqualified, if: ... 22.6.2 they knock down or displace any hurdle by hand, body or the upper side of the lead leg; or ... It should be noted that the reference to “the upper side of the lead leg” means any part of the front side of the lead leg, not only the part above the knee. ...	In addition, an athlete shall be disqualified, if: ... 22.6.2 they knock down or displace any hurdle by hand, body or the <b>upper side of the lead leg front side of the lead lower limb</b> ; or.... ... <del>It should be noted that the reference to “the upper side of the lead leg” means any part of the front side of the lead leg, not only the part above the knee.</del> <b>The front side of the lead lower limb includes all front facing parts of the leg from the top of the thigh to the end of the foot.</b> ...
TR23		Steeplechase Races	
TR23.2	148	23.2 For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap.	23.2 For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, <del>the those</del> <b>hurdles being removed not being placed</b> until the athletes have entered the first lap.
TR25		General Conditions – Field Events	
TR25.6	159/ 160		<b>In situations in the horizontal Field Events where there are more than eight athletes, only the eight athletes with the best valid performances are allowed any additional trial(s). This requires an athlete to have a measured mark recorded from a fair jump or throw in at least one of their first three trials. Where less than eight athletes achieve such a valid performance it is only those athletes who are allowed any additional trial(s) even though it will mean less than eight athletes proceeding.</b>
TR25.16	163	It is important when seeding High Jump and Pole Vault qualifying groups that the requirements of Rule 25.10 and 25.16 of the Technical Rules are both observed. The Technical Delegates and the ITO/Referee must follow closely the progress of the qualifying rounds of the High Jump and the Pole Vault to ensure that, on the one hand, the athletes must jump, as long as they are not eliminated under Rule 26.2 of the Technical Rules until the qualifying standard has been reached (unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules) and, on the other hand, any tie between athletes in the overall standings in the two groups is resolved according to Rule 26.8 of	It is important when seeding High Jump and Pole Vault qualifying groups that the requirements of Rule 25.10 and 25.16 of the Technical Rules are both observed. The Technical Delegates and the ITO/Referee must follow closely the progress of the qualifying rounds of the High Jump and the Pole Vault to ensure that, on the one hand, the athletes must jump <b>(or indicate that they are passing)</b> as long as they are not eliminated under Rule 26.2 of the Technical Rules until the qualifying standard has been reached (unless the number of athletes for the final has been reached as defined in Rule 25.12 of the Technical Rules) and, on the other hand, any tie between athletes in the overall standings in the two groups is resolved

		the Technical Rules. Close attention must also be kept to the application of Rule 25.14 of the Technical Rules to ensure that athletes do not unnecessarily continue in the competition once it is certain that they will be in the final regardless of what may happen to the other athletes continuing to compete in the Qualification Round.	according to Rule 26.8 of the Technical Rules. Close attention must also be kept to the application of Rule 25.14 of the Technical Rules to ensure that athletes do not unnecessarily continue in the competition once it is certain that they will be in the final regardless of what may happen to the other athletes continuing to compete in the Qualification Round.
<b>TR28</b>	<b>Pole Vault</b>		
TR28.12	181	28.12 For competitions under paragraphs 1.1, 1.2, 1.3, 1.5 and 1.6 of the International Competition definition, the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. The front pieces must be at least 2m long. The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of approximately 45° (see Figure (c) Rule 28 of the Technical Rules).	28.12 For competitions under paragraphs 1.1, 1.2, 1.3, 1.5 and 1.6 of the International Competition definition, the landing area shall be not smaller than 6m long (behind the zero line and excluding the front pieces) x 6m wide x 0.8m high. The front pieces must be at least 2m long. The sides of the landing area nearest to the box shall be placed 0.10m to 0.15m from the box and shall slope away from the box at an angle of <b>approximately at least 45° and no more than 48°</b> (see Figure (c) Rule 28 of the Technical Rules).
<b>TR32</b>	<b>General Conditions – Throwing Events</b>		
TR32.6	195	32.6 The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick and shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.....	32.6 The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick. <b>The inside and top of the rim and</b> shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.....
TR32.13	200	There is no restriction on how, or from which direction, an athlete may enter the circle. The relevant requirement is that once inside, they must adopt a stationary position before commencing their trial.	There is no restriction on how, or from which direction, an athlete may enter the circle <b>nor in the case of the shot put is there any restriction on making contact with the stop board during this process.</b> The relevant requirement is that once inside, they must adopt a stationary position before commencing their trial. <b>A stationary position means that an athlete having entered the circle to make their trial and before doing so adopts a stance in which both feet are simultaneously in firm contact with the ground inside the circle and with no contact with the top of the rim or the ground outside. Such contact to be sufficiently long in time to be visible to the judges. There is no requirement for the arms or hands of other parts of the athlete's body to be stationary.</b>
TR32.14 Note	201	<i>Note: It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right for a right-handed</i>	<b><i>Note: (i) It shall be considered a failure if the discus or the head of the hammer strikes the far side of the cage (left side for a right-</i></b>



		<p>thrower) after the release of the implement, then lands within the landing sector outside the cage, provided that no other Rule is infringed.</p>	<p><b>handed thrower when facing the landing sector or the right side for a left-handed thrower when facing the landing sector) after the release of the implement.</b></p> <p>Note (ii): It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right <b>side</b> for a right-handed thrower <b>when facing the landing sector or the left side for a left-handed thrower when facing the landing sector</b>) after the release of the implement, then lands within the landing sector outside <b>the limits of the cage, provided that no other Rule is infringed, including Rule 32.10 of the Technical Rules.</b></p> <p><b>The limits of the cage shall be defined as the boundary formed by the cage and the gates, when in position, completed by an imaginary straight line drawn between the ends of the cage/gates closest to the landing sector.</b></p>
<b>TR34</b>	<b>Discus Throw</b>		
TR34.1	207	<p>34.1 ..... Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus.....</p>	<p>34.1 ..... Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from <del>the beginning of the curve of the rim to a circle of a radius of 25mm to 28.5mm from the centre of the discus</del> <b>any point on a circle of a radius of 25mm to 28.5mm from the centre of the discus to the beginning of the curve of the rim</b> .....</p>
<b>TR41</b>	<b>The Indoor Stadium</b>		
TR41.3	233	<p>All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes. Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes. (See Rule 5.4 of the Technical Rules).....</p>	<p>All the tracks, runways or take-off surface areas shall be covered with a synthetic material that should preferably be able to accept 6mm spikes in running shoes. <del>Alternative thicknesses may be provided by the stadium management, who will notify athletes of the permissible length of spikes.</del> <b>If the track manufacturer or the stadium operator mandates an alternate maximum or prohibits the use of certain shaped spikes, this shall be applied and the athletes notified of accordingly.</b></p>
<b>TR43</b>	<b>The Oval Track and Lanes</b>		
TR43.1	234	43.1 The nominal length should preferably be 200m. It shall consist of two	43.1 The nominal length should preferably be 200m. It shall consist of two



		parallel straights and two bends, which may be banked, whose radii should be equal. The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track with a maximum slope of 1:1000 (0.1%). The kerb on the two straights may be omitted, and a white line 50mm wide substituted.	parallel straights and two bends, which may be banked, whose radii should be equal. The inside of the track shall be bordered either with a kerb of suitable material, approximately 50mm in height and width, or with a white line 50mm wide. The outside edge of this kerb or line forms the inside of lane 1. The inside edge of the kerb or line shall be horizontal throughout the length of the track <del>with a maximum slope of 1:1000 (0.1%).</del> <b>However, this kerb or line may be located on the banking slope such that the pivot line of the banking shall be horizontal throughout the length of the banking.</b> The kerb on the two straights may be omitted, and a white line 50mm wide substituted.
<b>TR54</b>	<b>Race Walking</b>		
TR54.1	243	The standard distances shall be: indoor: 3000m, 5000m; outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, 50km, 50,000m.	The standard distances shall be: indoor: 3000m, 5000m; outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, <b>35km, 35,000m</b> , 50km, 50,000m.
TR54.7.3	245	A Penalty Zone shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them. The applicable period in the Penalty Zone shall be as follows: Races up to and including                      Time 5000m/5km    0.5 min 10,000m/10km                                        1 min 20,000m/20km                                        2 min 30,000m/30km                                        3 min 40,000m/40km                                        4 min 50,000m/50km                                        5 min An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.	A Penalty Zone shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them. The applicable period in the Penalty Zone shall be as follows: Races up to and including                      Time 5000m/5km    0.5 min 10,000m/10km                                        1 min 20,000m/20km                                        2 min 30,000m/30km                                        3 min <b>35,000m/35km                                        3.5 min</b> 40,000m/40km                                        4 min 50,000m/50km                                        5 min An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.
TR54.7.8	247	54.7.8 For all competitions falling under paragraph 1.1 of the International Competition definition, hand held computer devices with transmission capability must be used by the Judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of	54.7.8 For all competitions falling under paragraph 1.1 of the International Competition definition, hand held computer devices with transmission capability must be used by the Judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of

	<p>the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1, 54.7.1 or 54.7.3 of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.</p>	<p>the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1, 54.7.1 or <del>54.7.3</del> <b>54.7.5</b> of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.</p>
--	--	---